



#03-079

**TEXAS DEPARTMENT OF HEALTH
AUSTIN TEXAS
INTER-OFFICE**

TO: WIC Regional Directors
WIC Local Agency Directors

FROM: Barbara Keir, Director **(Original Signed)**
Division of Public Health Nutrition and Education
Bureau of Nutrition Services

DATE: August 1, 2003

SUBJECT: New Nutrition Education Contact: Breastfeeding Support Group

Some local agencies have expressed interest in providing breastfeeding support group meetings at their local agencies. This is an outstanding way to promote breastfeeding and support breastfeeding moms. In order for participants to receive a nutrition education contact for attending a breastfeeding support group meeting, the State Agency has developed the following guidelines.

1. Breastfeeding support group meetings must be led by a trained peer counselor or any certification specialist who has completed the *Basic Nutrition Module* and *Breastfeeding Promotion and Support Module*.
2. Local agencies must submit a breastfeeding support group schedule to their State Agency Nutrition Education Liaison.
3. The breastfeeding support group schedule must list:
 - a. the months of each meeting,
 - b. at least one main topic that will be addressed at each meeting,
 - c. at least one objective for the named topic(s), and
 - d. at least one evaluation question for each named topic.
4. Your State Agency Nutrition Education Liaison will contact you regarding which NE code you should use for your breastfeeding support group meeting.

It is acceptable for each support group meeting to cover only one breastfeeding topic with only one objective and one evaluation question. This would allow additional time to cover other topics that may be more pressing to breastfeeding mothers who are attending the current meeting.

If you have questions or require additional information about starting breastfeeding support group meetings at your local agency, please contact Tracy Erickson, WIC Breastfeeding Coordinator, at (512) 458-7111, extension 3409, or tracy.erickson@tdh.state.tx.us or Mary Van Eck, Manager, Nutrition Education, Breastfeeding and Outreach, at (512) 458-7111, extension 3484.